

# NDPERS Dakota Wellness Program

## at Sanford Health Plan



### Finding added sugars in foods

The United States Food and Drug Administration recently released an updated Nutrition Facts label. You will see this new label slowly pop up over the next two years. The new label is set up to help you easily identify healthy foods based on current nutrition recommendations. One of the most important features of the new label is the added sugars line. Currently, the Nutrition Facts label includes all sugars, both natural and added, on one line. This can be confusing because naturally occurring sugars in fruits, vegetables and dairy products are okay to consume, but sugars added by food manufacturers can be harmful to your health. Until the new Nutrition Facts label is available on your favorite foods, make sure you can spot unhealthy added sugars yourself. Limit foods with key words like sugar, syrup, juice, sweetener or honey on the ingredient list.

The Food and Drug Administration also released a new recommendation for added sugars. It is now recommended to consume less than 50 g of added sugars per day for a 2,000 calorie diet. That's about 12.5 teaspoons of added sugar. Do you know where your added sugars are coming from? Check out some of the common sources below and see how your diet stacks up.



Sweetened beverages can have up to 77.5 g of added sugars. That's more than 19 teaspoons!



Canned fruit can have up to 16 g, or 4 teaspoons, of added sugars per serving. Consider a no sugar added option instead.



Breakfast cereals may have 3-4 teaspoons of added sugars per serving. A serving of cereal is usually  $\frac{3}{4}$  cup. Carefully calculate the number of servings you actually eat.



Condiments quickly add sugar to food. Two tablespoons of ketchup or BBQ sauce can add 8 g of sugar. Jelly can add up to 20 g.

JULY 2016

MEMBER NEWSLETTER

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### MONTHLY OBSERVANCES

*Fireworks Safety*

*Eye Injury Prevention*

*Parks and Recreation*

*UV Safety*

*Find a complete list of observances at [healthfinder.gov/NHO](http://healthfinder.gov/NHO)*

### WELLNESS ACTIVITIES

Book Club: *The How of Happiness: A New Approach to Getting the Life You Want* by Sonja Lyubomirsky

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## Give it a try

### LOVE TO LAUGH CHALLENGE

Watch for an invite from the Challenge Captain on the Dakota Wellness Portal for the One-Day Love to Laugh challenge coming the week of July 11! You can access the challenge in three easy steps.

1. Log in to your account at [sanfordhealthplan.com/memberlogin](https://sanfordhealthplan.com/memberlogin).
2. Choose the NDPERS Dakota Wellness tab and select Wellness Portal from the drop down menu.
3. Click on the Message Center in the top right hand corner of your home page and select Invites to join in the fun.

**CONTACT US AT**  
NDPERSWellness@  
[sanfordhealthplan.com](mailto:sanfordhealthplan.com)  
(844) 742-0014

**QUICK LINKS:**  
[sanfordhealthplan.com/ndpers/dakotawellnessprogram](https://sanfordhealthplan.com/ndpers/dakotawellnessprogram)

**SET-UP A**  
**mySanfordHealthPlan**  
**ONLINE ACCOUNT:**  
[sanfordhealthplan.com/memberlogin](https://sanfordhealthplan.com/memberlogin)

## Healthy hydration

With temperatures rising as the summer goes on, hydration becomes more important. Many of us turn to sports drinks to stay hydrated, but these are not always the best choice. Here is your guide to healthy hydration this summer:

- Water is always the best choice for low to moderate exercise that lasts less than 60 minutes.
- Sports drinks are good to replace fluids and electrolytes for high intensity exercise that lasts longer than an hour.
- Drink plenty of fluids before, during and after workouts to prevent dehydration.
- Thirst can indicate dehydration. Drink more than your thirst demands and take preventive steps to stay hydrated throughout the day.

## Laugh for happiness and health

Laughing feels good. It can be described as a sense of lightness, joy or positivity. Laughing on a daily basis can have tremendous health benefits. Research shows that positive feelings and experiences are more important than you probably think. The positive feelings you get each day through laughter have a remarkable impact on your emotional well-being. Health benefits are seen the most when we physically express emotions by using our muscles. For example, your facial muscles work when you smile.



The physical piece of our emotions sends a biochemical signal from the active muscles back to the brain and causes actual changes to your body. The stress hormone, cortisol, is significantly lower when you chuckle. When cortisol drops, other functions of your body improve performance and you feel better physically and emotionally. This health benefit doesn't only happen in the moment, it lasts! Laughs can release stress, improve your immunity, relieve pain and make it easier to deal with difficult situations.

### Yogurt sundae

Serves: 1 | Serving Size: 1 1/4 cup  
Total Time: 10 min | Prep: 10 min | Cook: 0 min  
Nutrition Facts when using blueberries, 1 Tablespoon flaxseed and 1 teaspoon cinnamon:  
Calories: 199 | Total Fat: 6g | Sodium: 132mg  
Total Carbohydrates: 26g | Dietary Fiber: 5g | Total Protein: 11g

#### Ingredients:

- 3/4 cup plain low fat yogurt
- 1/2 cup fresh or frozen fruit of your choosing, cut into bite sized pieces:
  - Strawberries, blueberries, raspberries
  - Grapes
  - Pineapple
  - Bananas

#### 1 Tablespoon of nuts or seeds:

- Ground flaxseed
- Sunflower seeds or mixed nuts
- Chia seeds

Season to taste with vanilla extract, cinnamon, pumpkin spice or any of your other favorite flavors.

#### Directions:

Combine all ingredients in a bowl. You can freeze the mixture for a cool healthy treat or keep in refrigerator for up to 4 hours.